



Klickitat County Senior Newsletter

Klickitat County Senior Services
Goldendale 773-3757
White Salmon 493-3068

I hope you are well as you continue to weather our new normal. Thank you for your patience during this time.

I'm happy to announce Klickitat County has opened public buildings to 50% capacity as we moved into Phase 3.

However, our Congregate Meal Sites fall under different guidelines so we will continue at this time with home delivered meals or pick up-to go meals. We will not be able to resume congregate meals until we reach Phase 4 of the Safe Start Plan. Once in Phase 4 we will have to develop a Safe Start Plan for all congregate sites which will include capacity limitations, masking, and distancing. We will keep you all updated but in the mean time you can still get pick up/to go meals or home delivered meals.

Klickitat County Senior Services will continue to offer assistance by phone and can offer one-on-one assistance by appointment. Our temporary Goldendale office location has very limited capacity. The public can access the Pioneer Center Senior Center to use the library or television at a 50% capacity. Adherence to several new protocols are required for all to minimize transmission of the COVID-19 virus.

For the health, safety and wellbeing of all, new requirements include the following:

- all will follow proper hand hygiene and respiratory etiquette
- all will wear masks at all times except for the reasons specified in the Governor's order
- all will ensure social distancing is maintained and/or abide by assigned seating
- there will be screening before or upon entering the building
- new cleaning protocols

If you have questions or concerns, feel free to contact Sharon Carter, Director at 509-493-3068 or 509-773-3757. Thank you again for your patience. We look forward to seeing you soon.

Inside this issue:

Cindy Retires	2
Thank You Volunteers	3
Hoarding	4
COVID Vaccine	5
New Alzheimer's Website	6
Menu	7
Scams	8
Flexibility	9
Driver Discount	10
Call Us	11
MATS Shuttles	12

CINDY SMITH RETIRES!!!

Cindy Smith, who has been our Nutrition Coordinator for Senior Services retired on March 12th. Cindy worked for Klickitat County Senior Services for over 20 years—first as our cook in Goldendale and a home care aide and then as our Nutrition Coordinator.



Cindy is looking forward to travelling to see some of her family in Georgia and Florida but will be back our way to visit and hopefully see everyone when we can have in-person meals again.

We will miss her! THANK YOU to Cindy for her years of service and we wish her well on her upcoming adventures.

Cindy has mentored Jacky DeHart who has been working as our cook in Goldendale and she has now taken over as Nutrition Coordinator. Congratulations to Jacky in her new position.

The Medicare Savings Program helps people on Medicare, who qualify, pay for all or part of their Medicare premiums.

If you qualify, the Medicare Savings Program may cover your Medicare:

Part A premiums

Part B premiums

Copayments

Deductibles

Need help paying for Medicare?

Call and speak with Jill 509-493-3068 or Stacy 509-773-3757 to see if you qualify for a Medicare Savings Program or Low Income Subsidy Program.



April 18-24, 2021 National Volunteer Week

Celebrate the impact of volunteer services in our communities.

National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world.

National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. Today, as people strive to lead lives that reflect their values, the expression of civic life has evolved. Whether online, at the office, or the local food bank; whether with a vote, a voice, or a wallet – doing good comes in many forms, and we recognize and celebrate them all.



Thank you to all of our wonderful volunteers in Senior Services. We have new volunteers and volunteers who have been helping for many years who continue to provide hard work and support to help their community.

We are so fortunate to have such amazing, dedicated, and hard-working volunteer staff in Senior Services.

We would not be able to provide the level of assistance to members of our community without you.

The Problem That Piles UP

When Hoarding is a Disorder



Hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them.

A person with hoarding disorder experiences distress at the thought of getting rid of the items. Excessive accumulation of items, regardless of actual value, occurs.

Hoarding often creates such cramped living conditions that homes may be filled to capacity, with only narrow pathways winding through stacks of clutter. Countertops, sinks, stoves, desks, stairways and virtually all other surfaces are usually piled with stuff. And when there's no more room inside, the clutter may spread to the garage, vehicles, yard and other storage facilities.

Hoarding ranges from mild to severe. In some cases, hoarding may not have much impact on your life, while in other cases it seriously affects your functioning on a daily basis.

People with hoarding disorder may not see it as a problem, making treatment challenging. But intensive treatment can help people with hoarding disorder understand how their beliefs and behaviors can be changed so that they can live safer, more enjoyable lives.

People with hoarding disorder typically save items because:

- They believe these items are unique or will be needed at some point in the future
- The items have important emotional significance — serving as a reminder of happier times or representing beloved people or pets
- They feel safer when surrounded by the things they save
- They don't want to waste anything

Hoarding disorder is different from collecting. People who have collections, such as stamps or model cars, deliberately search out specific items, categorize them and carefully display their collections. Although collections can be large, they aren't usually cluttered and they don't cause the distress and impairments that are part of hoarding disorder.

When to see a doctor If you or a loved one has symptoms of hoarding disorder, talk with a doctor or mental health professional as soon as possible.

As hard as it might be, if your loved one's hoarding disorder threatens health or safety, you may need to contact local authorities, such as police, fire, public health, child or elder protective services, or animal welfare agencies.

Causes It's not clear what causes hoarding disorder. Genetics, brain functioning and stressful life events are being studied as possible causes.

What Older Adults Need to Know about COVID-19 Vaccines

Updated Mar. 29, 2021 From the CDC.gov website

The risk of severe illness from COVID-19 increases with age. This is why CDC recommends that adults 65 years and older are one of the first groups to receive COVID-19 vaccines. Getting a COVID-19 vaccine is an important step to help prevent getting sick from COVID-19. That said, it might take time before enough vaccines are made for everyone who wants to be vaccinated.

Klickitat County residents who meet the current vaccine phase criteria are encouraged to call and schedule an appointment with any local health care providers who are offering COVID-19 vaccinations including: Klickitat County Health Department, Klickitat Valley Health, Skyline Health, and NorthShore Medical. If you are unsure if you qualify for the vaccine, you can call your provider or visit: <http://www.findyourphaseswa.org>. Call Senior Services if you need assistance 509-773-3757 or 509-493-3068.

You can help protect yourself and the people around you by getting the vaccine when it is available.

Studies show that COVID-19 vaccines are safe and effective in preventing severe illness from COVID-19.

You can't get COVID-19 from the vaccine.

Depending on the kind of COVID-19 vaccine you get, you might need a second shot 3 or 4 weeks after your first shot.

After getting the vaccine, some people have side effects. Common side effects include:

- Pain
- Redness
- Swelling
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever

These are normal signs that your body is building protection against COVID-19. Learn more about what to expect after getting your COVID-19 vaccine.

After you are fully vaccinated against COVID-19, you may be able to start doing some things that you had stopped doing because of the pandemic.

COVID-19 vaccination providers cannot:

- Charge you for the vaccine
- Charge you any administration fees, copays, or coinsurance
- Deny vaccination to anyone who does not have health insurance coverage, is underinsured, or is out of network
- Charge an office visit or other fee to the recipient if the only service provided is a COVID-19 vaccination
- Require additional services in order for a person to receive a COVID-19 vaccine; however, additional healthcare services can be provided at the same time and billed as appropriate

New [Alzheimers.gov](http://www.Alzheimers.gov) website

NIA (National Institute on Aging) is pleased to announce www.Alzheimers.gov, a new website designed to educate and support people whose lives are touched by Alzheimer's disease and related dementias. The website serves as a federal government portal for dementia information and resources.



Whether you are living with dementia, a family member or friend, health care professional, researcher, or advocate, [Alzheimers.gov](http://www.Alzheimers.gov) is designed for you. Explore the website to find:






- Information about Alzheimer's disease and related dementias, including causes, symptoms, diagnosis, and treatment
- Tips and resources for caregivers and people living with dementia
- Updates on what the federal government is doing to address Alzheimer's and related dementias
- Clinical trials and studies you can join to help advance research into ways to treat and prevent dementia
- Resources for health care providers, community and public health workers, and researchers

We welcome everyone to explore the new [Alzheimers.gov](http://www.Alzheimers.gov) website!

Visit : www.Alzheimers.gov



April 2021 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Menu Subject to Change	GD: Goldendale WS: White Salmon			1 GD Chicken A La King	2	3
4 Easter Sunday	5 WS Beef Stroganoff 	6 GD Beef Stroganoff	7 WS Roast Pork 	8 GD Roast Pork	9	10
11	12 WS Chicken Pasta Salad	13 GD Chicken Pasta Salad	14 WS Baked Chicken 	15 GD Baked Chicken	16	17
18	19 WS Kielbasa & Sauerkraut 	20 GD Kielbasa & Sauerkraut	21 WS Hungarian Goulash	22 GD Hungarian Goulash	23	24
25	26 WS Fish Sandwich 	27 GD Fish Sandwich	28 WS Broccoli Beef 	29 GD Broccoli Beef	30	

Klickitat County Senior Services has expanded our hot home delivered meals services (Meals on Wheels) during this COVID-19 period due to our congregate meal site locations being closed.

Meals are being provided to Seniors (60+) and spouse or caregiver in home with Senior as follows:

- Frozen home delivered meals anywhere in Klickitat County
- Hot Meals at 12-Noon on Mondays and Wednesdays delivered within 30 miles of our kitchen in White Salmon.
- Hot Meals at 12-Noon on Tuesdays and Thursdays delivered within 30 miles of our kitchen in Goldendale.

Seniors can also arrange a curbside pick up of a hot meal at our White Salmon or Goldendale locations on the hot meal days if preferred.

Call Klickitat County Senior Services to sign up: Goldendale: 509-773-3757
White Salmon: 509-493-3068 Toll Free: 1-800-447-7858

BEWARE OF SOCIAL SECURITY PHONE SCAMS

The Social Security Administration and Office of the Inspector General continue to receive reports of scammers impersonating SSA employees over the phone, to request personal information or money. Imposters may threaten you and demand immediate payment to avoid arrest or legal action. Do not fall for it!

- SSA employees will NEVER threaten you for information, or promise a reward or resolution in exchange for personal information or money.
- Do not use caller ID to verify that the caller is a government employee. Many scam calls “spoof” official government numbers, such as SSA’s National 800 Number, the Social Security Fraud Hotline, local Social Security field offices, SSA press offices, or local police numbers.
- Impostors may use legitimate names and phone numbers of SSA employees.
- If the caller demands sensitive personal information, payment via gift card or pre-paid debit card or wire transfer, it is a scam.
- If the caller makes threats when you do not comply with their request, it is a scam.

If you receive a suspicious call:

1. Hang up!
2. Do not give them money or personal information
3. Report the scam at [OIG.SSA.GOV/REPORT](https://www.oig.ssa.gov/report)

RECENT DEVELOPMENTS COVID-19 SCAMS

SSA OIG is aware of COVID-19 scams involving Social Security. We will continue to monitor and provide updates on these scams. We recently issued a fraud advisory warning the public that SSA will not suspend or discontinue Social Security payments as a result of COVID-19 office closures.

Scammers may also offer a benefit increase due to COVID-19. We urge you to be very cautious of any unsolicited calls, letters, emails, or texts offering a benefit increase. Social Security will never offer a benefit increase in exchange for payment.

Flexibility During Turbulent Times

By Kristoffer Lindstrom, MSW, LICSW
Skyline Health Behavioral Health Consultant



Our natural human tendency is to avoid pain. Therefore, we continue to develop a multitude of ways to practice avoidance. However, as we may run from pain and discomfort, we are moving in the wrong direction. As a counselor, I have seen this many times. As a person, I have lived it many times. The conclusion I come to on a personal level is met with solid research on the professional end. And this is, avoidance of pain is a defense mechanism. In other words, a band-aid fix.

These temporary measures are just that, temporary. In our attempt to control, or rather, in our “minds” attempt to control, we will again and again slap a band-aid on a problem, which requires a different approach in order to heal. The approach, “Out of sight, out of mind” becomes a revolving door. There is a saying which I believe helps to put this into perspective:

The green reed which bends in the wind is stronger than the mighty oak which breaks in a storm. – Confucius

Overall, healing requires discomfort. Any kind of therapy also requires discomfort. During challenging times, taking and adopting the approach Confucius spoke of and applying it to our own lives and how we approach difficulty, really will help us to develop greater flexibility.

Steven Hayes, PhD (creator of Acceptance and Commitment Therapy) says, “We hurt where we care.” This means as we avoid and move away from pain/discomfort, we are simultaneously moving away from what we care about. Adopting a stance of flexibility will provide us with an immeasurable ability to withstand the storms of life. We may feel discomfort and uncertainty while we are being undulated by the turbulent winds of our time, but when the weather calms down we can find ways to remain rooted in our community, in our homes, in our families, friendships, and relationships with a renewed awareness. We are not alone.

If you think you or anyone you know would benefit from some support, please call Skyline Medical Clinic at 509-637-2810.

Building a Wellness Toolbox

Coping with Stress How can we take care of ourselves, especially during stressful times?

One way is to soothe each of our five senses: vision, hearing, smell, taste and touch.



Here are some ideas:

Vision: Look at the stars at night or the sunrise in the morning, take a scenic walk or buy yourself flowers and put them where you can see them often.

Hearing: Listen to soothing or invigorating music, pay attention to sounds on your next walk.

Smell: Be mindful and notice all the different scents around you, light a candle or bake something in the oven .

Taste: Have a special treat but eat it slowly, savor each bite.

Touch: Take a drive with the windows rolled down, pet your dog or cat or wrap up in a blanket.

Online AARP Smart Driver Course

AARP offers a Smart Driver course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance premium upon completing the course.

The AARP Smart Driver™ online course is recognized as an approved Senior Driver accident prevention course for drivers age 55 and older by the State of Washington, Department of Licensing. Insured drivers age 55 and older may be eligible for an appropriate reduction in automobile insurance premium charges after completing this course. Check with your insurance company or agent for any additional requirements for eligibility.

AARP says that 97% of participants changed at least one driving habit as a result of what they learned. The aim of the course is to refresh your driving skills and your knowledge of the rules — and hazards — of the road. And the course might reduce your chances of receiving a traffic violation or getting into an accident. As with most things right now, it's all done online. There is more information at: **www.aarpdriversafety.org**.



It All Starts With a Phone Call

At one time or another, we all have been in need of help; but sometimes we're unsure what to ask or where to start.

Klickitat County Senior Services serves older adults and people with disabilities as well as their unpaid caregivers.

Need extra help caring for dad? Can't get to doctor's appointments? Feeling lonely and depressed?

Whatever you're dealing with, we promise to really listen and help.

By getting to know you and your unique needs, we can offer you the guidance and support you need.

Contact one of our offices and we can provide you with information and assistance regarding programs and services, including:

Meals on Wheels

Transportation

Family Caregiver Support

Medicare Help

Home Care Services



Goldendale: 509-773-3757 White Salmon: 509-493-3068

OR Toll Free: 1-800-447-7858

Senior Planet <https://seniorplanet.org/> is hosting free online classes for older adults on topics including, introduction to social media, how to use zoom, how to choose a computer, how to stay safe online, and virtual social gatherings.

115 W. Court St. MS-CH-21
Goldendale, WA 98620
509 773-3757

PO BOX 1877
501 NE Washington Avenue
White Salmon, WA 98672
509 493-3068

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Issue # 042021



Beginning on Monday, April 5th the MATS fixed route shuttle buses that run between Goldendale and The Dalles and White Salmon and Hood River Monday through Friday will be re-starting with a "modified" schedule.

Schedules are available on our web site

<https://www.klickitatcounty.org/1165/Fixed>

or at our office or by calling and requesting a copy to be mailed to you. Due to COVID masks/face covering are required for all passengers prior to boarding the bus and must be worn on the entire trip. There is also limited capacity on the bus to provide social distancing and meet safe start guidelines. Question?

Please call: 509-773-3060 or 509-493-4662.